Programs for Adults 50+

Kent Senior Activity Center

600 E. Smith St., Kent, WA 98030

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Winter - December 2012 - March, 2013









Thank you to Stafford Suites for sponsoring the color covers for the Senior Activity Center brochures.

Information

The **Kent Senior Activity Center** is a 22,000 square foot facility open to men and women, age 50 plus living in the Kent area. Individuals and groups take part in programs, activities, and services which enhance their dignity, support their independence, and encourage their involvement in the Community.

The Center does not provide services that would normally be provided by a trained attendant, nurse, or personal caregiver (i.e. incontinence, inability to use the restroom facilities by one's self, or preventing participant from leaving the grounds of the Center). The provision of any personal care by staff for a participant is beyond our capability and cannot be expected. This brochure is for informational purposes only and is subject to change without prior notification.

Registration Policies

The Kent Senior Activity Center takes signups for upcoming trips, classes and activities as soon as the bulletin is available to the public. It is generally available the week before the first month of the bulletin cycle, but it would be best to check by phone to see if it is in. The bulletin is also available on the web site www.Kent50Plus.com. Most events require payment in advance. Phone reservations with credit card only, please. WebReg (webreg.kentwa.gov) is also available. It is the participant's responsibility to sign up at the front desk for a ride to and from the Center.

Refunds as a credit available in your account will be given for the following reasons and will include a cancellation fee (*see below): (Please call to request a refund in lieu of credit.) Credits of \$25.00 left on an account for over 12 months will be transferred to the Parks Department. Credits over \$25.00 will be mailed to the customer's last known address.

- 1. Cancellation is made one week prior to event.
- 2. If made less than 1 week prior, you will receive a refund only if we first are able to find a replacement from the waiting list or second (if there is no waitlist) you are able to find a replacement on your own. Waiting list receives first priority. Without a replacement, there will be no refund. However, you must cancel your trip or class at the front desk. Per the State auditor, you may not trade cash with another participant who is taking your place. The replacement participant must sign up and pay at the front desk.
- 3. Sudden illness.

600 E. Smith St., Kent, WA 98030 253-856-5150

Webreg.kentwa.gov

A technology fee of \$1.00 will be applied to each transaction \$10.00 and over to support systems that provide convenience and efficient service delivery. This fee will not be applied to the Senior Center lunch program.

*There is a minimum \$5.00 cancellation fee for all cancellations by participants no matter the reason. Additional cancellation fees may be based upon the cost, type of activity, and when the activity is cancelled. Remember last minute cancellations jeopardize trips/classes because of low attendance.

All efforts will be made to accommodate everyone desiring to participate in a trip or class. If your trip or class is full, please put your name on the waiting list to assist the staff in determining whether there is sufficient interest to warrant an additional trip or class. The Kent Senior Activity Center reserves the right to cancel or alter an itinerary due to weather conditions or circumstances beyond our control. For trips which leave the Center before regular opening hours, the Center will open 1/2 hour prior to trip departure. For trips that leave after Center has opened, please do not check in until ½ hour or less before trip departure. This will help alleviate confusion at the front desk. All trips depart on time. Drivers will not wait for latecomers.

Note: There will be a \$20.00 charge for NSF checks.

HOURS

Monday - 8:30 am - 4:30 pm
Tuesday - 8:30 am - 9:30 pm
Wednesday - 8:30 am - 9:00 pm
Thursday - 8:30 am - 4:30 pm
Friday - 8:30 am - 4:30 pm
Saturday - Closed (except for special events)

STAFF

Lea Bishop Recreation Facility Manager John Fiskum Program Coordinator Helena Reynolds Program Coordinator **Cindy Robinson** Program Coordinator **Tony Donati** Administrative Assistant Mick Spane Transportation Specialist Mary Drolette **Evening Assistant** Jeremiah Helfer, Vlad Gudzyuk **Building Attendants**

Every effort is made for accuracy in the monthly bulletin, however, the City of Kent and the Senior Activity Center cannot be held responsible for typographical errors or changes beyond our control.

Events & Programs

THE SENIOR ACTIVITY CENTER WILL BE CLOSED THE FOLLOWING DATES:

Tuesday, January 1 - New Year's Holiday **Monday, January 21** - Martin Luther King, Jr. Day **Monday, February 18** – Presidents' Day

Cover Photo – Hazel enjoying a Senior Center ski trip to Silver Star.

No fees for Special Events unless specified.

STAFFORD SUITES & STAFFORD HEALTH CARE KOFFEE KLATCH, MONDAYS, 11:00 AM - NOON

Special thanks to Stafford Suites and Stafford Health Care for providing door prizes, free coffee and complimentary entertainment every Monday morning. Other gifts must be brand new in their original packaging to be included in this weekly drawing and contributors are asked to bring them to the front desk. Entertainers include:

- Jee Wong (piano classics and standards)
 December 3, January 7, February 4, March 4
- Mark Stern (vocals & guitar) December 10, January 14, February 11, March 11
- Norm Bellas (jazz pianist) December 17
- Beth Wulff (piano favorites and standards)
 December 24, January 28, February 25,
 March 25
- Andy Burnett (guitar & vocals)
 December 3, 31, March 18

STAFFORD SUITES JUICE 'N JAZZ 1ST TUESDAYS, DECEMBER 4, FEBRUARY 5, MARCH 5, 12:30 – 1:15 PM

Enjoy lunch and stick around for a rousing session with jazz pianist Norm Bellas. Free juice samples and door prizes compliments of Stafford Suites will be distributed, including gift cards for local grocery stores.

KENT BALLROOM & BEYOND TUESDAY DAYTIME DANCES, TUESDAYS, 1:15 – 2:15 PM

Complimentary Ballroom dances are held every Tuesday from 1:15 to 2:15 pm. Other music includes Rock 'n Roll, country, swing, two step and line dance as well as many others. Thanks to Diana's Home for providing delicious desserts during the 2nd Tuesdays in 2012. The musicians are scheduled as follows:

- Randy Litch (guitar, vocals, variety) Dec.11
 Jan. 8, 22, February 12, 26, March 12, 26
- Mark Stern (guitar, vocals, variety) Dec. 18, Jan. 15, Feb. 19, Mar. 19
- Andy Burnett (vocals, guitar, contemporary)
 December 3, Jan. 29, Feb. 5

& SWING DANCES OPEN TO ALL AGES TUESDAYS, DOORS OPEN AT 7:30 PM (1ST TUESDAY 7:45 PM)

Ballroom and Swing Dances feature live music every Tuesday night. No advanced reservations are required and the fee is only \$4 for all age dancers and listeners. Special thanks to Cascade House, Farrington Court, Franklin House, Stafford Suites, Radcliffe Place and The Weatherly for providing refreshments which are served for a nominal donation during a 15 minute break at 8:30 pm. Dances are from 7:30 to 9:30 pm except for the first Tuesdays at 7:45 pm. For a brochure of dance band details and schedule, call Helena at 253-856-5164.

Kings of Swing (17 piece big band), December 4, February 5

Randy Litch (vocals & guitar) Dec. 11, 18, Jan. 8, 15, 22, 29, Feb. 12, 19, 26, Mar. 12, 19, 26 (No dances January 1 due to holiday and March 5 for floor maintenance.)

ATTENTION ACCESS RIDERS!

Please be sure and book your take home ride for at least 45 minutes prior to the Senior Center closing.



(The Center closes at 4:30 pm on Mondays, Thursdays and Fridays and at 9:00 pm on Tuesdays and Wednesdays. Please also note any early closures the Center may have during the year.)

Events & Programs

TALBOT HEALTHCARE DELI BINGO 2ND WEDNESDAYS 12:15 TO 1:00 PM

Join Talbot Healthcare for 5 games of Deli Bingo every 2nd Wednesday. Prizes may be gift cards valued from \$25 to \$100, sometimes flat screen TVs. Lunch is \$5 but bingo is free compliment of Talbot Healthcare.

NEWCOMER'S SOCIAL & VOLUNTEER ORIENTATION WEDNESDAY, MARCH 6, 10:00 AM

Everyone is welcome to our quarterly Newcomer's Social and Volunteer Orientation to meet staff and other new attendees, see a brief video, learn about programs activities and services available, take a brief tour and discover how volunteering can enhance your life. Potential volunteers are invited to discuss options and procedures involved with our volunteer program on site and around the community. Call Helena at 253-856-5164 for more information.

TATTERED PAGES BOOK CLUB 1ST WEDNESDAYS, DECEMBER 5, JANUARY 2, FEBRUARY 6, MARCH 6, 1:00 PM

Special thanks to Auburn Meadows for co-sponsoring our Book Club. New members are always welcome whether you have read the monthly selection or not. Refreshments are provided by Auburn Meadows at 1:00 pm every first Wednesday. The 2013 Book Selection List is available on page 20. Call Helena at 253-856-5164 for more information.

UKULELE JAM SESSIONS WITH THE PINEAPPLE EXPRESS 1ST & 3RD THURSDAYS DECEMBER 6, 20, JANUARY 3, 17, FEBRUARY 7, 21, MARCH 7, 21 1:00 – 3:00 PM

Mas Tamekuni leads our regular Hawaiian style singalongs on the 1st and 3rd Thursdays. Occasional invitations to perform at outside venues may occur on other days. No prior experience required in playing or singing. Free lessons for beginners begin January 3. See page 6 for more details. For more information, call Helena at 253-856-5164.

TOM SEIGLE LUNCH SERENADE

Tom Seigle plays background piano music for lunch in the Kent Parks Deli and Café every 2nd and 4th Thursday. No charge for music but lunch is \$6.00.

EXPANDED KARAOKE SESSIONS
2ND FRIDAYS, DECEMBER 14, JANUARY 11,
FEBRUARY 8, MARCH 8
10:00 AM TO 1:30 PM
4TH TUESDAYS, JANUARY 22, FEBRUARY 26,
MARCH 26

9:00 AM - 11:45 AM

Whether you sing solo, duet, with a group or just listen, you're welcome to this Karaoke session every 2nd



Friday and some 4th Tuesdays. Special thanks to volunteers Char Payne, Perry Pickett and Ralph Armstrong for hosting and providing equipment and discs for these lively sessions. On Fridays, guests are welcome to buy lunch to bring into Room 6 to enjoy the music during lunch. For more information, contact Helena at 253-856-5164.

POETRY IS FUN! CLUB 1ST & 3RD FRIDAYS DECEMBER 7, 21, JANUARY 4, 18, FEBRUARY 1, 15, MARCH 1, 15, 10:45 TO 11:45 AM

If you would like to listen, read, discuss and/or receive critique for a poem you've written or are writing, come to this group which will meet every first and third Fridays. Experienced and published poet Jim Teeters is volunteering to facilitate this group and welcomes all who appreciate listening to or writing poetry. No experience required. For information call Helena at 253-856-5164.

NEW SERVICE IN KENT – WALMART SHUTTLE

Walmart will now provide a shuttle service from the Senior Center to its Federal Way store and back every 4th Tuesday at 2:30 pm. Please sign up at the front desk for a pick up. The service will start **Tuesday**, **January 29**.

www.kent50Plus.com 253-856-5150

Events & Programs

TATTERED PAGES BOOK CLUB SPEEDY READIES SESSION WEDNESDAY, DECEMBER 12, MARCH 20, NOON LUNCH AT STAFFORD SUITES 1:00 PM DISCUSSION

Readers who enjoy reading a book a quarter in addition to a book a month are invited to attend our Speedy Readies session held at Stafford Suites usually on the 3rd Wednesday of the last month of each quarter. See page 20 for a 2012/13 reading list including Speedy Readies selections.

CHRISTMAS FIREFIGHTERS FOUNDATION AND VOLUNTEER LUNCHEON FRIDAY, DECEMBER 14, 11:45 AM

This year's Christmas Luncheon includes a delicious meal of Waldorf salad, baked has potatoes, green beans almandin cream puff, co-sponsored by the rirefighters Foundation. Volunteers recording hours on a regular basis may receive advance complimentary tickets November 20 and 21. Details on page 19. \$2.00 while tickets last beginning Monday, November 26 at 10:00 am. Limit 2 per person.

BLUEGRASS JAM! SATURDAY, DECEMBER 15, JANUARY 19, FEBRUARY 16, MARCH 16 NOON – 5 PM

Join your fellow bluegrass fans for an afternoon of great music. Bring your instrument or just come to listen. A great way to spend a Saturday afternoon.

READERS THEATER ORIENTATION MONDAY, JANUARY 14, 10:00 – 11:30 AM

If you're interested in joining the Kent Senior Activity Center's KSAC Players Readers Theater troupe, please call Helena at 253-856-5164. No prior experience required but time for practices and willingness to laugh are suggested. At this initial discussion, players will determine the dates, time and direction of our drama program. Special thanks to the Chateau at Valley Center for co-sponsoring our Radio Theatre troupe and for providing funds to purchase supplies.

SHAG SPECIAL LUNCH DOLLAR DISCOUNT MONDAY, TUESDAY, THURSDAY, FRIDAY FEBRUARY 11, 12, 14, 15

The first 80 guests for lunch in the Deli & Café will receive a \$1.00 discount on full price \$6.00 lunch tickets courtesy of SHAG Housing. No advanced tickets qualify for the discount if bought before 11:15 am on Monday, Tuesday, Thursday or Friday. Wednesday lunch tickets are all \$5 but the first 80 may opt for Deli Bingo tickets courtesy of Talbot Healthcare.

DINNER & MUSIC AT KENT PLACE FRIDAY, FEBRUARY 15 ROCK 'N ROLL AT THE PLACE

See back page for details.



KENT FIREFIGHTERS FOUNDATION LUNCHEON FRIDAY, MARCH 15, 11:45 AM

Special thanks to the Kent Firefighters Foundation for serving, cleaning up and for providing a subsidized lunch for our participants. While supplies last, tickets are available for seniors for the nominal lunch fundraising fee of \$2.00. Limit 2 tickets per person beginning Friday, February 1. Wait List coupons are available after all tickets have all been distributed. Coupon holders will receive a \$2.00 lunch after Noon as space is available.

www.kent50Plus.com 253-856-5150

Lifelong Learning

"Hello Folks, Adrian with the **Diabetic Shoe Company**. I want to see you and your feet on, **Tuesday, December 18, 10:00 am** to insure you have quality shoes and inserts protecting your feet. With the passage of the "Therapeutic Shoe Bill", diabetics, on Medicare and or Medicaid and a few other insurance entities are entitled to one pair of shoes and three sets of custom inserts yearly, at no cost to you. So, don't miss out, show up. I look forward to assisting you.

Sincerely, Adrian Walsh Priority Footwear and Pedorthic Services.

CREATIVE WRITING

Suffering writer's block with that family history or novel you're writing? Or unable to get beyond "Once upon a time?" Kent writer Gary Alexander can help in any genre except poetry. Gary has written 13 novels, including LOOT, 4th in the mystery series featuring comic Buster Hightower. It will appear in September 2013. DISAPPEARED, the first, has been optioned to Universal Pictures. He's written 150+ short stories and sold travel articles to 6 major dailies. DRAGON LADY, his Vietnam novel, is being published by Istoria Books, available both as an eBook and print-on-demand. His website is www.garyalexander.com.

47761 We 1/2-23 9:30 -11:00 am \$20.00

WISE BUYING - MAKING THE MOST OF YOUR REMODELING DOLLARS MONDAYS, FEBRUARY 4 & MARCH 4, 10:00 AM

This informational workshop presented by Bath Fitter, will give you tips and tools if you are considering remodeling your home – how to get started, how to check out companies, what are available resources, and how to understand a sales pitch. If you are thinking about making your home more comfortable in your retirement, this workshop can give you valuable information. For additional information, contact Saralyn Whitney at 206-280-1728.

AARP'S DRIVER SAFETY PROGRAM

Brush up on your safe driving skills and enroll today in this certified class. Upon successful completion of this two-day course, many insurance companies reduce auto coverage rates. Registration forms at the Front Desk. For those 50 and older.

If you are a member of AARP (with your membership number) the fee is \$12.00. If you are not a member of AARP or do not have your membership number, the fee is \$14.00. **Payment must be made by check or money order only.** You must have your driver's license number and AARP membership number at the time of sign up to receive the discount. Each person registering requires their own personal AARP membership number. If you need assistance with your AARP member number or to join AARP, please call 1-888-OUR-AARP (1-888-687-2277).

 46948
 Th,Fr
 1/10-11
 10:00 am - 3:00 pm

 47756
 Th,Fr
 2/14-15
 10:00 am - 3:00 pm

 47757
 Th,Fr
 3/14-15
 10:00 am - 3:00 pm

 47758
 Th,Fr
 4/11-12
 10:00 am - 3:00 pm

 \$12 or \$14 per session (checks payable to AARP)

BEGINNING UKULELE LESSONS 1ST AND 3RD THURSDAYS, JANUARY 3, 17, FEBRUARY 7, 21, MARCH 7, 21 1:00 TO 1:30 PM

Mas Tamekuni teaches free ukulele lessons prior to our regular Hawaiian style singalongs. Students are welcome to stay to play and sing during the ensuing Pineapple Express jam sessions every 1st and 3rd Thursdays from 1:30 to 3:00 PM. No advanced registration is required. For more information, call Helena at 253-856-5164.

Lifelong Learning

Trip, class and activities fees include a 9.5% sales tax as legally required by the State of Washington.

WRITING POETRY FOR FUN & PROFIT!

Come enjoy learning and practicing to express yourself poetically! It's romantic, it's fun, and it's courageous. Release your inner poet!

Poems:

They excite delight inspire

they build a fire

inside

just get your pen and write

This class is facilitated by Jim Teeters who has written 6 poetry collections and is featured in several anthologies. He is both an educator and a published author.

47762 We 2/6-20 10:00 – 11:30 am

\$15.00

MIXED MEDIA ART

Explore new and old ways of expressing yourself. Paint with acrylics, watercolors and oils or choose to work in pencil, charcoal, pastel, colored pencil, pen and ink. Beginning as well as advanced students are encouraged to play with the media of their choice using the subject matter of their choice. This class is more general in the amount of different media we cover, and more specific in the critique given by the instructor. If you are looking for more freedom and less structure in an art class, this is the one for you. Have fun exploring and enjoy yourself making new friends.

47759 Tu 2/19-3/26 9:30 am – Noon \$66.00



BEGINNING WATERCOLOR AND ACRYLIC

Have you always wanted to learn how to paint using watercolors, but were afraid to try? This is a structured but fun class where the instructor leads you step-by-step through the process of painting. Patricia Arnold who has been painting in watercolor for over 35 years demonstrates how to paint a different subject matter each class. You will watch her and then learn to master painting it for yourself. Pick up the basic materials list available in advance at the front desk and bring your supplies to class the first day. Watch out . . . this is addicting!

47760 Tu 2/19-3/26 1:00 – 3:30 pm

\$82.00

BEGINNING BRIDGE LESSONS

If you're interested in learning to play bridge (or need to review bridge skills before resuming play), join this low-stress 6 week class. Advanced registration is required for this class which is limited to the first 8. Players are invited to subsequent bridge sessions every Tuesday from 3:30-6:00 pm. Call Helena at 253-856-5164 for more information or to register.

47812 Tu 2/12-3/19 2:30 – 3:20 pm

\$9.00

SOCIAL SECURITY 101 DVD FRIDAY, FEBRUARY 15 5:30 PM TO 6:45 PM

Due to popular request, this informative session will be repeated in the evening via DVD featuring the latest information on changes in Social Security benefits and how they may affect your retirement planning. Kirk Larson, Public Affairs Specialist representing the U. S. Social Security Administration will conduct a remote Q & A session following the DVD.

Guaranteed seating and handouts to the first 80 guests for only \$2.00 courtesy of SHAG beginning Wednesday, January 2, limit 2 per person(afterwards, tickets are \$8.00). Limited Workshop seating may be available for no charge day of event. Advanced hors d'oeuvres and workshop tickets may be stamped for a free dance and dinner (burgers, chips and root beer floats) while supplies last. See back page for details about **Rock 'n Roll at The Place Dinner and Dancing.**

Computer Learning

Students are welcome to bring their own laptop or similar portable computing device to class in order to facilitate learning these skills on a device regularly used.

BASIC COMPUTER KEYBOARDING

Learn the basics by practicing with a personal instructor and a tutorial program. Includes 10-key.

47754 Mo 2/25 – 3/11 9:00 am – Noon \$44.00 each session

COMPUTERS 101 - TRANSLATION AND CUSTOMIZATION

From turning the computer on and off, to learning the difference between hardware and software and how to install each. We will focus on making the vocabulary of the PC (Personal Computer) understandable, and learning how to be comfortable interfacing with the computer through customization of everything about its look and feel. This class is designed for novices and for those who want to increase their familiarity with the OS (Operating System).

 47737
 We
 1/9
 9:30 am - Noon

 47741
 We
 2/6
 9:30 am - Noon

 47746
 We
 3/13
 9:30 am - Noon

\$33.00 each session

INTERMEDIATE COMPUTING

In this class we will pick up where Computers 101 left off. However, if you feel comfortable using a computer but want to learn some tips and tricks, this class will help you become more familiar with features of the computer that make everyday tasks easier. Part of the class time will also be dedicated to individual questions. Bring your specific questions and/or listen and learn as others have their queries answered.

 47749
 Th
 1/10
 1:30 – 4:00 pm

 47742
 We
 2/13
 9:30 am - Noon

 47753
 Th
 3/14
 1:30 – 4:00 pm

 \$33.00 each session

INTERNET - UTILIZING DIGITAL RESOURCES

This class will be an overview of the preeminent web browsers and how to customize them for a maximum of safety and a minimum of advertisements. We will also provide instruction in efficient search engine use.

47743 We 2/20 9:30 am - Noon 47745 We 3/6 9:30 am - Noon \$33.00 each session

DIGITAL PHOTOGRAPHY

Bring your digital camera and cable and we will explain all of those buttons and symbols and how they can help you take better photos. Then we will break down how to upload them to the computer, quickly edit them, and publish them to the internet or email them to your family. A demonstration camera and sample photos will be available. Additionally, you may bring in old photos and learn how to scan them and convert them into digital photos.

47740 We 1/30 9:30 am – Noon 47747 We 3/20 9:30 am – Noon \$33.00 each session

DIGITAL PHOTO EDITING

This will be an in-depth look at using the photo editing software Picasa which is available as a free download from Google. Topics will range from downloading and scanning photos, to using all of the built-in editing tools, to turning your photos into something more artistic such as collages or video slide shows. (Digital Photography is recommended as a prerequisite.)

47750 Th 1/31 1:30 – 4:00 pm 47748 We 3/27 9:30 am - Noon \$33.00 each session

OFFICE 2007 FOCUSING ON WORD

Office 2007 updated the look of all its components dramatically. This course will introduce new users, as well as help those familiar with older versions of Office Suite to reacquaint themselves. The emphasis will be on Word; however, questions about any of the office programs will be answered.

47738 We 1/16 9:30 am - Noon \$33.00 each session

Computer Learning

OFFICE 2007 FOCUSING ON EXCEL

Office 2007 updated the look of all its components dramatically. This course will introduce new users, as well as help those familiar with older versions of Office Suite to reacquaint themselves. The emphasis will be on Excel; however questions about any of the office programs will be answered.

47739 We 1/23 9:30 am - Noon \$33.00 each session

EBAY AND PAYPAL BASICS

In this course we will introduce students to the intricacies of eBay and PayPal and assist with the setting up of accounts so you can buy and sell with confidence.

47744 We 2/27 9:30 am – Noon \$33.00 each session

EVERYTHING EMAIL

All of your questions regarding email will be answered in this class, from creating an account and sending your email to attaching photos and documents, all the way to using the instant messaging and video programs associated with the most popular online email programs.

47751 Th 2/21 1:30 – 4:00 pm \$33.00 each session

SOCIAL NETWORKING

Get schooled in all the latest methods of social networking. Sign up for a Facebook account and follow your grandchildren on their Twitter feeds. Get up-to-date on how to electronically communicate. Check out the Senior Center's Facebook page – Kent 50 Plus Adventures.

47752 Th 2/28 1:30 – 4:00 pm \$33.00

TECHNOLOGY FEE

Please note that a technology fee will be applied to each cash, check or credit card transaction \$10.00 and over to support systems that provide convenience and efficient service delivery. This fee will not be applied to the Senior Center lunch tickets.

Questions? Please ask staff.

facebook.

KENT SENIOR ACTIVITY CENTER ON FACEBOOK

Do you have a Facebook account? Check out our Facebook page – Kent50Plus Adventures. We highlight trips, activities and outdoor recreation. Be sure and "like" us.

Trip, class and activities fees include a 9.5% sales tax as legally required by the State of Washington.



Healthy Living

STRETCH & STRENGTHENING BEGINNING

This class is designed to help you improve your strength, flexibility and balance. Even if you haven't been exercising for some time, you will fit into this class. It will be challenging but moves at a little slower pace than the intermediate class. Please bring these items to class: Floor mat, fitness ball (65 cm - you can find them at Target, K-Mart, Big 5 and other department stores), hand weights (1 to 3 lbs to start with according to your ability). You must be able to get up and down off the floor with the help of a chair or the stage.

47763	Tu/Th	1/3-31	10:15 - 11:15 am
\$45.00			
47764	Tu/Th	2/5-26	10:15 – 11:15 am
\$35.00		(No class 2/28)	
47765	Tu/Th	3/12-28	10:15 - 11:15 am
\$30.00			



YOGA

Yoga helps ease tension, increase strength and flexibility and improves overall health. No previous yoga experience needed, beginners welcome. Instructor Carolyn

Rosenfield has 13 years of teaching experience. Please bring a mat and 1 large towel.

47772 Fr	1/4 – 2/8	9:45 – 10:45 am
\$47.00		
47773 Fr	2/15-3/22	9:45 - 10:45 am
\$47.00		

LINE DANCING

WEDNESDAYS, 2:00 – 3:30 PM

Group will continue to meet on its own. Everyone welcome

CHI GONG

THURSDAYS, 9:30 AM

Breathing for health and wellness. Try out this great form of exercise similar to Tai Chi. Class uses a video.

STRETCH & STRENGTHENING INTERMEDIATE

If you want to gain some overall body strength, become more flexible and improve your balance, then this is the class for you. This class is a bit more challenging than the beginning class. It is designed for people who have been doing some exercise, but want to join a class. Please bring these items to class: Floor mat, fitness ball (65 cm - you can find them at Target, K-Mart, Big 5 and other department stores), hand weights or variable ankle/wrist weights (1 or 5 lbs to start according to your ability). You must be able to get up and down off the floor.

47766	Tu/Th	1/3-31	9:00 – 10:00 am
\$45.00			
47767	Tu/Th	2/5-26	9:00 - 10:00 am
\$35.00		(No class 2/28)	
47768	Tu/Th	3/12-28	9:00 - 10:00 am
\$30.00			

AEROBICS

This class is designed specifically for seniors interested in a total fitness program. Goals are improved cardiovascular fitness, increased range of motion, improved circulation, muscular strength, and general endurance. Great self-esteem builder. Come meet new friends and join the fun. Requirements: exercise mat and support shoes.

47769 I	M/W	1/2-30	10:00 – 11:00 am
\$40.00		(No class 1/21)	
47770 ľ	M/W	2/4-25	10:00 – 11:00 am
\$30.00		(No class 2/18 c	or 2/27)
47771 ľ	M/W	3/11-27	10:00 – 11:00 am
\$30.00			

AEROBICS VIDEO

FRIDAYS, 9:00 – 9:30 AM

Join us in the morning to "Walk Away the Pounds" with Leslie Sansone. This is a 30 minute workout video with emphasis on walking. Light hand weights may be used.

Healthy Living

FITNESS CENTER

MONDAY – FRIDAY, 8:30 AM – 4:00 PM EXTENDED HOURS – TUESDAY & WEDNESDAY EVENINGS UNTIL 9:00 PM

Fully equipped with cardio and strength training equipment. Personal trainer available. Cost: \$25.00/hour/person. (Note: Personal trainer requires 24 hour notice for cancellation of appointment. If cancelled less than 24 hours prior to appointment, full fee will be charged.) Call John Dineen at 253-820-5623 for an appointment.

Fees:

Age 50+, \$1.50 per visit

Or purchase a pass:

- \$12.50/month
- \$30.00/3 months
- \$120.00/1 year

Age 18-49, \$3.00 per

Or purchase a pass:

- \$20.00/month
- \$55.00/3 months
- \$210.00/1 year

Wii SESSIONS

MONDAYS & FRIDAYS, 12:30 PM

While the scheduled time may be more accurately described as "after lunch until the building closes," our Wii bowling, golf and tennis sessions are fun for participants and spectators alike. Volunteers encourage and help all learn how to play these interactive games. See what all the excitement is about! Come for free coffee on Mondays at 11:00 am, stay for lunch and check out our Wii sessions at 12:30 pm on Mondays and Fridays.

MASSAGE THERAPY

WEDNESDAYS & THURSDAYS, 10:00 AM - NOON

Claudia Walker offers massages from 10:00 am to noon on Wednesdays and Thursdays. Massage therapy can increase flexibility and range of motion, reduce stress, promote relaxation, and reduce stiffness and soreness in muscles. To schedule an appointment, please stop by or call the front desk. The fee schedule is: 30 minutes – \$27.00, 60 minutes – \$37.00. (This time includes your preparation time.)

HEALTHY SMILES – AFFORDABLE TEETH & DENTAL CLEANING

1ST FRIDAY, 4TH THURSDAY BY APPOINTMENT

Licensed and registered dental hygienist, Darcy Spencer-Wenger provides oral hygiene services for older adults. Care includes teeth cleaning, fluoride application, denture cleaning, dry mouth/low saliva care, gum pocket measurements, oral hygiene instruction, and referrals to dentists. The \$77.00 fee also includes a fluoride varnish. Call 253-856-5150 to schedule an appointment. Pick up a registration sheet at the front desk. Age 60+ qualifies.

HEALTH/FOOT CLINIC

TUESDAYS, 8:30 AM - 3:00 PM BY APPOINTMENT

Karen Poppleton, licensed nail technician of Karen's Foot Care, provides our routine foot care services. After completing an assessment of your feet, she will soak your feet, trim the nails, and file and pad corns/calluses. Karen has added another foot care provider to make it easier for you to get an appointment on short notice and give you more flexibility with time options. Call 253-856-5159 to make an appointment. Cost: \$27.00

PICKLEBALL

Drop in pickleball is played at the Kent Commons gym year round. Mondays and Fridays, 9:00 – 11:00 am, and Wednesdays 2:00 – 4:00 pm. Daily drop in fee is \$2.00. Quarterly passes are also available at Kent Commons.

VOLLEYBALL

Drop in volleyball is played at the Kent Commons gym year round. Tuesdays, 1:30 – 4:00 pm. All levels of players are welcome. Daily drop in fee is \$2.00. Quarterly passes are also available at Kent Commons.



CO-ED SOFTBALL

Attention 50+ softball players! Please join us for a pre-season information meeting on **Thursday, March 14, 9:30 am** as we prepare for our 2013 season

 April through August. Contact John for more details at 253-856-5163.

www.kent50Plus.com 253-856-5150

Wellness

REFLEXOLOGY WITH KAY MORRIS JOHNSON, MR

TUESDAYS, 5:15 – 8:15 PM (Sessons available for those who work days)

WEDNESDAYS 12:30 – 4:00 PM BY APPOINTMENT-CALL 253-856-5150

Washington Reflexology Association celebrated World Reflexology Week by joining Kent Fire Department's Annual Health Fair in September. Kay Morris-Johnson is the PR & Events Committee Chair for WRA and also is established at Kent Senior Activity Center.

Reflexology is a gentle art and science that reduces stress, by applying pressure to reflexes or mini maps on the feet and hands.

Kay uses only her hands to affect the reflexes. She prefer working with feet as the reflexes are larger making it easier to stimulate the autonomic nervous system that controls various body protective functions. Even people who don't like having their feet touched enjoy the results of reflexology. Kay is also trained in foot structure issues like plantar fasciitis and bunions. Sessions are 45 minutes for \$37.00. Pay for sessions when you arrive. Complete the intake form located at front desk prior to scheduled appointment. Bring your form and a copy of receipt to the health room. Ask front desk about gift certificates for those special people in your life.

INDIVIDUAL COUNSELING BY APPOINTMENT – 2ND AND 4TH MONDAYS FROM 10:00 AM – 2:00 PM

This counseling service provided by Valley Cities Counseling extends to individual, one-on-one, counseling sessions. The sessions are strictly confidential and last approximately one hour. An individual can see a counselor several times without charge. A broad range of issues can be discussed in confidence during these sessions. Call Cindy at the Senior Center to make an appointment 253-856-5162.

BLOOD PRESSURE MONITORING EVERY TUESDAY, 10:30 AM – NOON

Take advantage of this service to monitor your blood pressure. Weekly prize given to those with blood pressure closest to the poster blood pressure figures. Special thanks to retired RN's Pat and Barbara for their monthly contribution.

ACUPUNCTURE 1ST, 3RD, 4TH & 5TH MONDAYS, 10:00 AM – 12:30 PM THURSDAYS 2:30 – 5:30 PM



Acupuncture is an approach to health

care that has been in continuous use in China for over 4,000 years. Although its origins are ancient, modern research has shown it is often as effective as western medicine for many diseases and pain conditions, without the nuisance of risky and unpleasant sideeffects. Because acupuncture works by encouraging self-healing, the patients overall health is improved along with alleviation of specific symptoms. For most conditions, acupuncture involves a series of 6-10 weekly treatments. Because Medicare does not cover acupuncture, it is often difficult financially for seniors to enjoy its many benefits. Here at Kent Senior Activity Center, we are offering acupuncture for less than half of the usual price to make acupuncture more accessible to seniors 65 and over. If you are 50 - 65 and your insurance does not cover acupuncture, you are also eligible for this service.

Dr. Marc Imlay has practiced acupuncture for over 22 years in the Kent area.

Call the front desk for an appointment – 253-856-5150. If you have additional questions about acupuncture, please contact Dr. Imlay at 253-630-1910.

\$35.00/treatment (for those 65+ or those 50 - 65 without acupuncture insurance coverage)

Wellness

BE WELL WORKSHOPS WEDNESDAYS, 1:00 PM – 2:30 PM

Please join us for one or all of these educational, fun, and interactive sessions. Learn to "be all that you can be."

Holiday Food Challenges

December

- 5th **Healthy Holiday Eating** Avoid the health hazards of holiday goodies.
- 12th Alternative Ways to Feed Your Body There are many ways to nourish your body that do not include food and are not fattening.
- 19th **Emotions and Food** Explore the link between feelings and food.
- 26th How to Eat Well Without Cooking –
 Restaurants, fast food, microwave meals can all be healthful.

Winterize Yourself to Stay Healthy

January

- 2nd **Lighten Up Your Environment –** Simple ways to chase away the winter blues.
- 9th **Winter Fun Activities** Winter presents many opportunities for healthy activities.
- 16th **Culture Contributes to Health** Celebrate the benefits we receive from the diverse cultures in our community.
- 23rd **Healthy Comfort Food** Ingredients, recipes, and reasons for eating healthy this winter.
- 30th **How to Avoid Hidden Health Hazards** Learn some tips from the restaurant and cruise industry.

Heart Health Month

February

- 6th **Get to Know your Heart** Basic information on how your heart works and what a "heart attack" means.
- 13th **Keep Your Heart Healthy –** Avoiding heart disease has many benefits.
- 20th Know Your Letters and Numbers Untangling the LDL, HDL, lipid and cholesterol confusion.
- 27th You Gotta Have Heart Your emotional and spiritual "heart" plays an important role in your health.

Give Your Health a Spring Tune Up

March

- 6th **Techniques for Toning Muscles –** Information, demonstration and practice
- 13th **Reflexology and Massage** Besides feeling good, these practices provide valuable health benefits.
- 20th Aromatherapy to Awaken and Soothe Your Senses – Learn how our sense of smell contributes to our sense of comfort and well being.
- 27th Hand Care is Essential to Good Health Our hands get used and abused every day. Learn how essential hand care is to your health.

LOST AND FOUND – GRIEF SUPPORT – WEDNESDAYS, 10:00 – 11:30 AM

For eight weeks we will explore the many issues of grief and loss. We will look at ways to move forward beyond grief. Each week we will cover a different topic, including the five stages of grief, cross-cultural and spiritual perspectives, and the healing process. While the group is educational, it will also provide an opportunity for support and participation. Please join us.

- February 6 Introduction and Overview
- February 13 Denial
- February 20 Anger
- February 27 Bargaining
- March 6 Depression
- March 13 Acceptance
- March 20 Cultural, Spiritual, and Ethnic Perspectives
- March 27 The Healing Process

SUPPORT GROUP MONDAYS, 10:00 – 11:00 AM

Drop in on Monday mornings for conversation and support. Our counselors, Deborah Mulein and Gordon Baxter, bring years of experience and a deep understanding of the challenges common to all as we age. All shared information is confidential. If you are in need of encouragement or are looking for a safe place to share your challenges, join us.

www.kent50Plus.com 253-856-5150

Trips

PLEASE BE AWARE THAT THE CITY OF KENT HAS A "NO-TOLERANCE" POLICY REGARDING DRINKING AND DRIVING. IF YOU ARE DRIVING HOME FROM A SENIOR ACTIVITY CENTER TRIP, PLEASE BE RESPONSIBLE.

The Kent Senior Activity Center requires early sign up for overnight tours. For us to qualify as a group, registration is required at least 60 days before departure, and a minimum number of travelers are required. To assist with this, we have initiated a registration deadline.

Participation Policy – We reserve the right to evaluate any tour participant regarding the appropriateness of a tour for their participation. We also reserve the right to expel any person whose behavior is inappropriate or incompatible with the interests of the tour group.

Extra Cost Provision – As on any trip, inclement weather and other conditions beyond our control may prevent or delay departure of a scheduled airline, ship, train or motor coach. If, as a result of a delay, the participant must book an additional hotel night, meals, transportation, etc. all additional costs are solely the responsibility of the participant, not the City of Kent or any other supplier. Due to rising fuel costs, a fuel surcharge may be implemented by trip provider.

Accessibility Level

Complete (C) – This trip is accessible to persons who are ambulatory, or use a walker, electric scooter, or wheelchair (manual or electric). Travelers must be able to self-propel a manual wheelchair or travel with someone to assist them. Moderate (M) – This trip is accessible to persons who are ambulatory or use a walker or manual wheelchair. Travelers must be able to self-propel a manual wheelchair or travel with someone to assist them.

Limited (L) – This trip is accessible only to persons who are ambulatory.

Activity Level

Easy (E) – Minimal walking, primarily flat surfaces. Moderate (M) – To fully participate there may be leisure walking over primarily even surfaces. Some standing may be required and possibly a few stairs.

More Difficult (MD) – To fully participate there may be extended periods of walking over even and uneven surfaces and some incline. There may be steps and extended periods of standing. Participants with physical limitations should take this into account.

A CHRISTMAS CAROL AT ACT THEATRE

Join us for a Christmas tradition – a ripping good telling of the classic story of Ebenezer Scrooge. This Dickens tale of hope and redemption reminds us of what is worth celebrating at the holidays. C/E

46934 We 12/5 6:45 – 11:0 \$49.00 includes ticket

Check for ticket availability for December trips

HOLIDAY PARADE OF LIGHTS CRUISE

You'll board a beautifully decorated Waterways Yacht and take your place among dozens of festive boats for this annual parade cruise. Trip will include a champagne toast and a buffet dinner including chef salad, roasted corn chowder, prime rib, roast turkey, scalloped potatoes, green beans Almadine, and apple pie. L/MD

46947 Fr 12/7 5:15 -10:30 pm \$80.00

When parking at the Kent Senior Activity Center for either day or overnight trips, please park in the South parking lot so that there is convenient parking for daily participants.

FANTASY LIGHTS AND DINNER

Back by popular demand, we will visit Fantasy Lights in Spanaway Park, the largest holiday drive-through display in the Northwest. It features over 290 lighted displays. Prior to driving through the display, we will

joy dinner at Charlie's Restaurant in Puyallup. M/M 913 We 12/12 3:30 – 9:00 pm 4.00 includes dinner and admission

SKAGIT RIVER BALD EAGLE FLOAT

The Skagit River is the winter home to hundreds of bald eagles. The birds come from all over the North to feed on the rivers abundant chum salmon run and enjoy the temperate climate. You'll float along quietly in a guided raft and observe the eagles in their natural environment. Please pick up an information sheet about "How to Dress" and "What to Bring" on this special trip. L/MD

47786 We 1/9 7:45 am – 5:00 pm \$85.00 includes lunch

RED WIND CASINO

Enjoy some time for gaming then indulge in an incredible brunch including carved baron of beef, Dungeness crab, NW salmon, shrimp cocktail, pad thai, Italian sausage, lasagna and more. C/E

47787 Fr 9:30 am - 2:30 pm 1/11 \$35.00 includes lunch

LUNCH AT THE CLIFF HOUSE

Enjoy a tasty lunch at this Pacific Northwest landmark. The Cliff House sits on a bluff overlooking Commencement Bay in Northeast Tacoma, boasting panoramic views of the Puget Sound and the Tacoma skyline. M/M

47783 Fr 1/18 10:15 am - 1:30 pm \$39.00 includes lunch

FBI TOUR

Tour the Seattle FBI building and get a detailed look at the inner workings. What we actually see will depend upon what FBI staff is available on that date. Following the tour, lunch will be at the Old Spaghetti Factory in Seattle. L/MD

47784 We 1/23 9:15 am - 3:15 pm \$39.00 includes lunch

BRUNCH OUT AT KRAIN INN

The "Krain" has been serving great breakfast and lunch in Enumclaw for decades. Both breakfast and lunch options will be available on this trip. C/E

47788 Fr 1/25 9:45 am - 1:00 pm \$18.00 + lunch

NORDIC HERITAGE MUSEUM & ARCHIE MCPHEE'S

Dedicated to collecting, preserving, and educating since its founding in 1980, the Nordic Heritage Museum is the only museum in the United States to honor the legacy of immigrants from the five Nordic countries: Denmark, Finland, Iceland, Norway and Sweden. Following the museum we will be heading to a Seattle landmark "Red Mill Burgers" for lunch. There you will walk up to the counter and order one of their famous burgers. Red Mill takes cash only.

Our trip will also a stop at Archie McPhee's which has been supplying gifts and toys to Seattle since

1983. Located in Seattle's Wallingford neighborhood, it's a one stop shop for party supplies, crafts, costumes, miniatures and the weirdest collection of toys and candy that you've ever seen. Widely considered to be a Mecca for connoisseurs of the strange and one of Seattle's top ten weird destinations, it is truly an attraction without parallel. M/M

47785 We 1/30 9:00 am - 3:00 pm \$26.00 + lunch (cash only for lunch)

POMODOROS

We will lunch at this quaint Italian restaurant in the Proctor District of Tacoma. You will certainly leave with a stomach full of tasty food. There will be some time following lunch to explore the local shops or enjoy a scenic ride depending on the weather. C/E

47789 Fr 2/1 10:15 am - 3:00 pm \$39.00 includes lunch

MUSEUM OF HISTORY & INDUSTRY

Join us as we visit this newly moved and renovated museum (scheduled to open in late December, 2012). The museum worked with the City of Seattle and others to move to the historic Armory Building in Lake Union Park. Its engaging exhibits and programs, its collection of nearly 4 million historic artifacts, archives and photographs, and its award-winning educational programs have created an appreciation for the Northwest's diverse cultural, social and economic history.

Following the museum we will go to Bucca di Beppo for family style Italian dining. The menu includes Caeser salad, Apple Gorgonzola salad, Spagetti with meat sauce, Penne San Remo (chicken), and Chocolate Chip Cannoli. Please talk to Cindy when registering if you need a vegetarian option. This trip promises great information about Seattle's history as well as wonderful food. M/M

47793 We 2/6 9:15 am - 3:00 pm \$53.00 includes lunch and admission

Trip, class and activities fees include a 9.5% sales tax as legally required by the State of Washington.

www.kent50Plus.com 253-856-5150

Trips

"THE MOUSETRAP" AT VILLAGE THEATER, ISSAQUAH

Don't miss this Agatha Christie murder mystery that is considered to be one of the longest running plays in modern history. C/E

47790 Fr 2/8 6:30 – 11:00 pm \$66.00

CHIHULY GARDEN AND GLASS

Join us as we go to the new exhibit especially designed for the Seattle Center. We will begin with a no-host lunch at the Seattle Center House Food Court. Following lunch we will enjoy the wonderful Chihuly Garden and Glass exhibit which provides a look at the inspiration and influences that formed the career of artist Dale Chihuly. We will visit the Exhibition Hall, the centerpiece Glasshouse and a lush Garden. The Glasshouse presents a suspended 1,400 piece 100 foot long sculpture and the Garden is a backdrop for four monumental sculptures and other installations. L/MD

47795 We 2/13 10:15 am - 3:15 pm \$39.00 + lunch

RHODES RIVER RANCH

This ranch is dedicated to breeding, raising and training future world champion performance horses and providing you with top quality services, situated in the Cascade Foothills near Arlington. The ranch has a restaurant that overlooks the arena so there is a possibility of watching some riding and/or training of horses during your meal. There is no guarantee that there will be horses in the arena during lunch. You will be contacted a few weeks in advance to make a meal selection from the menu. M/M

47796 We 2/20 9:00 am – 3:30 pm \$39.00 includes lunch

INDOCHINE ON PEARL

Indochine's cuisine uses many fresh herbs and spices such as lemongrass, galangal, turmeric, garlic, ginger, and kaffir lime leaves. Indochine chefs combine these different herbs and spices to bring out the flavors and transform each dish into an amazing culinary experience. M/M

47813 Tu 2/26 10:30 am – 2:30 pm \$38.00 includes lunch

PIKE PLACE MARKET



We will be visiting a Seattle landmark where you have time to explore on your own. Be sure to watch the fish fly, eat some mini donuts and fresh fruit and, of course, buy yourself some

flowers. Lunch on your own. M/M

47800 Fr 3/1 10:00 am - 2:30 pm \$19.00 + lunch

NORTHWEST RAILWAY MUSEUM, SNOQUALMIE FALLS, AND LUNCH AT JAY BERRY'S

First we'll stop for no-host coffee at Starbucks at beautiful Snoqualmie Ridge before heading to Snoqualmie and the Northwest Railway Museum. After exploring the Museum, we'll head to the spectacular Snoqualmie Falls overlook and then off to Jay Berry's in North Bend for a great lunch. You'll have a little time for shopping at the Factory Stores before we head for home. L/M

47791 We 3/6 9:30 am – 3:30 pm \$36.00 includes lunch

BRUNCH OUT AT THE BUTTER BISCUIT IN SUMNER

Join us as we visit the Butter Biscuit in Sumner. This place is known for its large portions and tasty food and will soon become a favorite of yours. M/M

47797 Fr 3/8 9:45 am – 1:30 pm \$19.00 + meal + gratuity

LUNCH AT THE SPACE NEEDLE

Join us for this once in a lifetime experience. We will be going up the Space Needle to enjoy lunch at the restaurant. It rotates so you will constantly have a different view, while enjoying a wonderful meal. You will also have time to go to the observation deck and gift shop. M/M

47798 We 3/13 10:15 am – 2:30 pm \$70.00 includes lunch

Trips

TOUR OF PARAMOUNT THEATER

Paramount Theater opened in 1928 as the Seattle Theater. Restored in 1995 at a cost of \$20 million, the theater has been brought back to its original splendor, just as Seattle audiences would have experienced it as they passed through the doors for the first time on March 1, 1928. The convertible floor system provides the ability to configure the floor with theater seating, a ballroom, a dance floor or dinner theater. Built in Italy, this convertible floor is the only one of this size in the world. This is a walking tour and involves a few stairs. Lunch to follow at a local restaurant. L/MD

47799 We 3/20 9:00 am – 3:00 pm \$41.00 includes lunch and tour

"TRAILS" AT VILLAGE THEATER, ISSAQUAH

A new musical – chase a dream, grab an adventure, blaze a trail. Two friends in their 30's embark on the journey of a lifetime! M/M

47792 Fr 3/22 6:30 pm – 11:00 pm \$66.00

BOEING MUSEUM OF FLIGHT & LUNCH AT RANDY'S

We're off to the Museum of Flight to check out the new "Space Shuttle Trainer" exhibit. After the museum, enjoy a no host lunch at Randy's Restaurant. M/M 47794 We 3/27 9:30 am – 3:00 pm \$29.00 + lunch

WINTER COAST GETAWAY

Join us for a few days relaxing on the Oregon Coast in Seaside. This trip is designed to give you plenty of time to explore this tourist town in the winter months. Included are 2 nights oceanfront lodging, 2 breakfasts, and 1 dinner. This trip is perfect for someone looking for some time to relax and explore on your own. We may even get a beautiful winter storm on the coast.

47807 Tu-Th 3/5-7 8:00 am – 5:00 pm \$279.00 double occupancy
\$399.00 single occupancy

Outdoor Recreation

Sport Fishing Program



We offer a variety of fishing tours from single day trips to overnight travel angling adventures. Please pick up a flyer for details. The Senior Activity

Center has good quality loaner gear available. Please inquire at registration. Contact John Fiskum at 253-856-5163 for more information.

SKYKOMISH RIVER WINTER STEELHEAD

The Sky gets a great return of hatchery winter steelhead. We'll wade fish the productive stretch at Reiter Ponds. Please pick up a "Winter Steelhead List".

46941 We 12/19 6:00 am – 5:00 pm \$20.00, \$5.00 own transportation

WINTER STEELHEAD WALK & WADE

We'll wade fish one of our local rivers for Winter Steelhead. River conditions and fish runs will determine our destination. Please pick up a "Winter Steelhead List". **Attention Trout Fishers** – Ever fished for Whitefish in Winter? All of our local steelhead streams have a good population of Whitefish and can be a nice alternative to winter cabin fever. Ask John for details.

47801 We 1/9 7:00 am – 4:00 pm \$18.00

FISHING SEASON "KICK OFF" MEETING

Join us as we discuss our sport fishing program for 2013. Trips will open for registration. We'll have door prizes and refreshments. Hope you can join us **Wednesday**, **January 16**, **9:30** am. Contact John at 253-856-5163 or email JFiskum@kentwa.gov for more information.

Outdoor Recreation

TROPHY LAKES GOLF & CASTING

Shake off the winter blues as we chase big trout at "Trophy Lakes". Rainbows in this "pay to play" fishery run from 1 lb to several pounds. Space is limited. Please request a "Trophy Lakes List" at registration. Price includes rod fee, golf cart, and loaner rods.

47802 We 1/30 9:00 am – 4:00 pm \$60.00

NISQUALLY VALLEY FLY-FISHING

This great little private fishery near Nisqually has become a winter season favorite. Rainbow trout up to 10 lbs are available in this catch and release fly-fishery. Please request a "Nisqually Valley" list at registration. Two trip dates available.

47803 We 2/27 9:00 am – 4:00 pm 47804 Mo 3/4 9:00 am – 4:00 pm \$65.00 each trip

EASTERN WASHINGTON EARLY SEASON TROUT

Several lakes on the Eastside open on March 1. We will fish one of these based on the prevailing Spring conditions. Past destinations have included: Caliche, Martha, Quincy, Mattoon, etc. All methods of angling are legal and productive in these lakes and fish retention is allowed.

47805 We 3/13 6:00 am – 6:00 pm \$22.00, \$5.00 own transportation

COWLITZ RIVER GUIDED WINTER STEELHEAD

The Cowlitz now gets a great return of hatchery fish in March and April. These later winter fish are chrome bright and good biters. We'll fish with pro guides and all tackle and equipment is included. Please see flyer for details.

47806 We 3/27 4:30 am – 6:00 pm \$225.00





Hiking

Attention hikers! Get the hiking boots out of storage, layer up, bring a rain jacket and let's hit the trails for some winter hiking. Each winter month we'll offer one hike to keep you going before our Spring season begins.

JOHN WAYNE TRAIL, CASCADES

We'll start at the Rattlesnake Lake Access near North Bend and hike east for about 3 miles on the Old Iron Horse Rail Trail. 6 miles round trip with about 250' of elevation gain. Rated: easy

47732 Tu 12/4 9:00 am – 4:00 pm \$18.00

SOARING EAGLE REGIONAL PARK

The Pipeline Trail crosses through this 600 acre park near Sammamish. We'll hike about 6 miles round trip with minimal elevation gain. Rated: easy

47733 Tu 1/29 9:00 am – 4:00 pm \$18.00

NISQUALLY WILDLIFE REFUGE

This 4 miles flat loop through the wetlands is a great winter walk. Amazing numbers of shore birds and wildlife. Rated: easy. No host lunch out at Carr's in Lakewood after hike.

47734 We 2/27 9:00 am – 4:00 pm \$18.00 + lunch

TOMMY THOMPSON TRAIL - ANACORTES

This trail follows an old abandoned corridor of the Burlington Northern Railway. We'll walk about 6.5 miles round trip. Lunch out at the Farm House after the hike. Rated: easy

47782 Tu 3/19 8:30 am - 5:00 pm \$18.00 + lunch

Trip, class and activities fees include a 9.5% sales tax as legally required by the State of Washington.

Outdoor Recreation

Ski Program

The Senior Activity Center will once again offer ski programs this winter season. Weekly trips with deluxe motor coach transportation for downhill skiers, cross country skiers, and snowshoers. Please refer to our Ski Program schedules and flyers for details.

- Downhill trips to Crystal Mt. Tuesdays, January March
- X-Country Ski/Snowshoe trips Various destinations Fridays, January March



Volunteer Opportunities

MEAL ON WHEELS (MOW) substitute drivers needed. Please call Helena at 253-856-5164 to sign up and receive training. Mileage and parking reimbursement is available.

DELI & CAFÉ LUNCH PROGRAM PROMOTION VOLUNTEERS

All participants are encouraged to be a part of our coordinated effort to promote our deli and café lunch program to local businesses, civic groups, social organizations, church committees and other potential lunch patrons. Separate rooms are available on a limited basis; groups who purchase at least 10 lunch tickets at \$6.00 may request a substantial discount for room usage. If you are a part of (or you know of) a group seeking a local meeting place with an economically priced home-cooked lunch, please consider this option. Details are on our menus. Call 253-856-5150 weekdays for information

CHRISTMAS FIREFIGHTERS FOUNDATION VOLUNTEER LUNCHEON & PHOTO FRIDAY, DECEMBER 14, 11:45 AM

Registered volunteers who are recording hours on a regular basis are invited to the Christmas Luncheon cosponsored by the Kent Firefighters Foundation.

Complimentary advanced lunch tickets are available for registered volunteers on Tuesday and Wednesday,

November 20 and 21 between 9:00 am and 4:00 pm.

On Monday, November 26, any remaining tickets are available for non-volunteer spouses and other seniors for only \$2.00 while supplies last. A group photo of all volunteers will be taken after the luncheon at

approximately 12:45 pm. Call volunteer coordinator Helena Reynolds at 253-856-5164 for more information.

SEE PAGE 23 FOR SOME FUND RAISING OPPORTUNITIES FOR THE SENIOR ACTIVITY CENTER!!



Special Interest Groups

No fees charged for Special Interest Groups- Check for building closure dates

FLY TYING

TUESDAYS, 9:30 AM - 12:00 PM

Bring your fly tying equipment & join this group of fly tiers.

STAMP COLLECTING TUESDAYS, 2:00 – 3:00 PM

Enjoy sharing stamps with others or discussing your collections.

WOODCARVING

WEDNESDAYS, 9:30 - 11:30 AM

Work with others who share your interest in woodwork and practice the fundamentals of carving.

TATTERED PAGES BOOK CLUB 1ST WEDNESDAY, 1:00 PM – 2:30 PM

Special thanks to our co-sponsor Auburn Meadows for hosting our monthly refreshments, summer barbecue and dessert and movie day. Guests are welcome to come early for lunch in the Deli & Café for only \$5. The following are the monthly selections for December through March:

December 5 – *The Evening Star* by Larry McMurtry (fiction)

January 2 – Work Song by Ivan Doig (fiction)

February 6 – Reading Lolita in Tehran by Agar Nafisi (nonfiction)

March 6 – *Track of the Cat* by Nevada Barr (fiction) Call Helena at 253-856-5164 for more information.



TATTERED PAGES SPEEDY READIES BOOK SELECTIONS

2ND OR 3RD WEDNESDAY, 1:00 PM TO 2:30 PM

The quarterly Speedy Readies lunch and book discussions are held at Stafford Suites. Discounted lunch fee is \$7.00 beginning at Noon prior to the 1:00 pm discussion. Call Helena at 253-856-5164 for lunch reservations on the Monday prior to event.

December 12 – *The Book Thief* by Markus Zusak (fiction) **March 20** – *The Eighty-Dollar Champion* by Elizabeth Letts (non fiction)

BRING YOUR OWN CRAFT WEDNESDAYS, 9:00 AM – NOON

Friends, new and old, come to work on dolls, quilts, crochet, scrapbooks, knitted items, and needlepoint. Most importantly, join us for conversation and socializing. All crafters welcome.

HOOKS 'N NEEDLES R US THURSDAYS, 1:00 PM – 2:00 PM

Bring your embroidery projects, knitting, or any needlework and join this group.

ALLIANCE FOR RETIRED AMERICANS 2ND THURSDAY, 1:00 PM

The mission of the Alliance for Retired Americans is to ensure social and economic justice and full civil rights for all citizens so that they may enjoy lives of dignity, personal and family fulfillment and security. The South County chapter of this national organization deals with issues of interest to seniors. For more information, call 253-630-5280.

UKULELE JAM SESSION – "PINEAPPLE EXPRESS" 1ST & 3RD THURSDAYS, 1:30 PM

Mas Tamekuni facilitates a regular ukulele jam session for all level of players. Ukulele lessons are from 1:00 to 1:30 pm. Jam sessions include Hawaiian, Folk, Ballads, Country, Rock and others beginning at 1:30 pm. For information call Helena Reynolds 253-856-5164

www.kent50Plus.com 253-856-5150

Cards & Games

CHESS

MONDAYS, 9:30 AM

All chess players are welcome to join our informal challenges.

CRIBBAGE

MONDAYS, 12:15 PM

All cribbage players are welcome to join this afternoon group.

MAHJONG

MONDAYS, 11:30 AM

An informal group plays American Mahjong. All players and observers are welcome.

PING PONG

MONDAYS & WEDNESDAYS, 1:30 - 4:15 PM

Invite your friends to join us for our Monday or Wednesday afternoon ping-pong sessions. Players of all levels are welcome and encouraged to participate. As a courtesy, players are asked to rotate doubles if participants are waiting to play.

PINOCHLE

TUESDAYS, 12:30 PM & WEDNESDAYS, 5:45 PM

Join our Tuesday afternoon and Wednesday evening pinochle groups.

BRIDGE

WEDNESDAYS, 12:00 PM

Our bridge games begin at Noon every Wednesday afternoon. (See Page 7 for information regarding bridge lessons starting February 12.)

SHEEPSHEAD CARD GAMES WEDNESDAYS, NOON

This card game with a unique name has room for more players. Come learn and enjoy!

HAND & FOOT

WEDNESDAYS, 12:30 PM

Come join this fun card group.

CANASTA

THURSDAYS, 10:00 AM

Contact Helena at 253-856-5164 if you are interested in playing canasta.

WHIST

FRIDAYS, 12:15 PM

It's the "Mother of All Bridge Games." Spend your Friday afternoons with our Whist group. Beginners welcome.

Music & Dance

FREE DAYTIME BALLROOM DANCES TUESDAYS 1:15 TO 2:15 PM

All ages welcome. See page 3 for schedule.

TUESDAY EVENING DANCES EVERY TUESDAY NIGHT, 7:30 TO 9:30 PM

Only \$4.00, all ages welcome. First Tuesday dances feature a 17-piece big band playing swing dance music from 7:45 to 9:30 pm. See page 3 for schedule.

LINE DANCE

See Page 10 for details.

UKULELE JAM SESSION 1ST & 3RD THURSDAYS, 1 TO 3 PM

See page 4 for details.

RING 'N SWING SQUARE DANCE THURSDAYS, 1:15 – 3:15 PM, \$3.00

Enjoy an afternoon of dancing with your friends. Everyone welcome.

KARAOKE

2ND FRIDAYS, 10:00 AM – 1:00 PM SOME 4TH TUESDAYS, 9:00 AM – 11:30 AM

See Page 4 for details.

Services

HAIRCUTS (CALL FOR SPECIFIC DATES AND TIMES)

Clients must wash their hair on the day of dry cut appointment. Stylist has the right to refuse service if hair is not shampooed.

With Judy, generally scheduled the 3rd Wednesday of the month.

With Susan, the 2nd Monday of the month By appointment, \$8.00

HEALTH INSURANCE COUNSELING 2ND MONDAY BY APPOINTMENT

SHIBA (Statewide Health Insurance Benefits Advisors) is available by appointment for health insurance counseling on Medicare, Managed Care, Medicaid, and Long Term Care. Call 253-856-5150 to schedule an appointment. Call the Help Line, 1-800-562-6900 for immediate assistance.

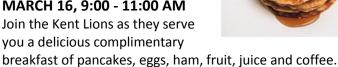
ALZHEIMER SUPPORT GROUP 1ST WEDNESDAY, 6:30 PM

Join this group for educational discussions and support for those caring for family or friends with Alzheimer's disease. Good opportunity for learning more about the disease and sharing experiences with others.

LEGAL CLINIC WEDNESDAYS, 6:00 – 9:00 PM

For appointment, call starting Thursday between 9:00 am and Noon; there is a possibility of appointments from cancellations Monday thru Wednesday 9:00 am to Noon 206-267-7070.

LIONS BREAKFAST
SATURDAY, JANUARY 19,
FEBRUARY 16 (cancelled)
MARCH 16, 9:00 - 11:00 AM
Join the Kent Lions as they serve



MEALS ON WHEELS Call 253-856-5158

SENIOR ADVISORY COMMITTEE MEETS 3RD FRIDAY OF THE MONTH, 10:00 AM

The purpose of the Senior Advisory Committee is to provide counsel and liaison to Center staff. If you are interested in being a member of this valuable committee or in seeing what goes on at a meeting, please stop by on the 3rd Friday of the month. All meetings are open to the public.

Members – Ralph Dapar, Ken Carlson, Sharon Crain, Laura Guinn, Coreen Jones, Irma Knapp, Orval Dealy, Wilma Peterson and Loretta Pearson.

SENIOR LEGAL CLINIC 2ND & 4TH FRIDAYS, 1:00 – 3:00 PM

Legal assistance for seniors or persons dealing with senior issues. For appointment call 206-448-5720.

VETERANS SERVICES (brought to you by the Veteran's and Human Services Levy)

If you have any questions or need help connecting with state, county or federal veterans' benefits or services you can ask Joel Estey. He will be here the first Monday of each month 10:30 am – 1:00 pm. You can see him at these times or you can call anytime with your specific questions. Joel has worked for the King County Veteran's Program for over twenty-four years. He was in the US Army from 1967-1969 with service in Vietnam in 1968. He can be reached at 206-612-2816-Cell or 206-296-7570.

Massages, Blood Pressure Checks, Health/Foot Clinic, Healthy Smiles Dental, Acupuncture, and Reflexology see **Healthy Living/Wellness** sections Pages 10 and 11.

Community Resources

America's Debt Help Center	www.debt.org
Brain Resources for Seniors	www.dana.org/seniors
Catholic Community Service Center	253-854-0077
City of Kent Home Repair Program	253-856-5065
, , ,	
City of Kent Housing & Human Services	253-856-5070
Kent Food Bank	253-520-3550
Kent Library	253-859-3330, www.kcls.org/seniors
Legal Clinic – Senior Issues	206-448-5720
Legal Clinic – General	206-267-7070
Meals on Wheels	253-856-5158
Medicare Information	1-800-MEDICARE, www.medicare.gov
Metro	206-553-3000
ACCESS	206-205-5000
Social Security Administration	1-800-772-1213, www.socialsecurity.gov
Senior Information & Assistance	1-800-972-9990
SHIBA Help Line	1-800-562-6900
Taxpayer Advocate	1-877-777-4778,
	www.TaxpayerAdvocate.irs.gov
Veterans Services	206-296-7570
Volunteer Medical Transportation	206-448-5740

LUNCH PROGRAMS FUNDRAISERS AND PROMOTIONAL PROJECTS

MATCHING FUNDS PROJECT

In late 2010, anonymous donors contributed \$1,000 towards the Kent Parks Deli and Café lunch program subsidy. These were designated to be used as matching funds in an effort to include gifts of all sizes.

All contributions, from \$2.00 to \$200.00 or even \$2,000.00, are welcome to help offset our lunch program expenses. Tax deductible receipts are available upon request for all donations. Bring your contributions to the front desk or mail them to Kent Senior Lunch Program, 600 E. Smith Street, Kent, WA 98030. For more information, call 253-856-5150.

HERE'S ANOTHER WAY TO HELP

The Senior Center is a "Partner" with **Once Sold Tales** in Kent to sell our duplicate and overflow books online. The money generated from the book sales goes directly to our lunch program.

Do you have any books, CD's, video tapes, or DVD's that you'll probably never use again just taking up room in your home? Help us make some money to support our lunch program and free up some precious space around your house by bringing them to the Senior Center.

If the books, etc. don't fit our library criteria we will put them online for sale. They will not only be advertised at www.oncesoldtales.com but also at other large on-line venues such as Amazon, Half.com, Alibris, Barnes & Noble, Biblio, and over a dozen others. Every time a book sells, we make money!

You can actually buy our books as well. Simply go to www.ksac.oncesoldtales.com to see what we have currently for sale. Please join us in making this new undertaking a smashing success!

Thriftbooks.com is the nation's largest on line book seller and is based in Kirkland, WA. Their motto is "Spend Less. Read More." The Kent Senior Activity Center is now an affiliate of Thriftbooks. If you order a book through a link you will find

on our Services Page on the Kent50Plus.com website, the Center gets 5% of the book price. An easy way to donate towards the Senior Center lunch program.

December Menu

Hours: 11:45 am - 1:00 pm - All Meals \$6.00 (\$5.00 on Wednesdays)

Options include – Full meal featuring below listed items plus a fresh cut salad bar and homemade bread or homemade soup and deli-style sandwich or specialty salad, Sandwich with specialty salad or Soup or Sandwich with salad bar – all options include beverage and dessert (Deli not available on special advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to **Talbot Rehab** for their co-sponsorship of lunch subsidies. Thank you to **Regency Auburn** for co-sponsoring Wednesday lunch ticket drawing. Take out carriers and wrap are not available for leftovers.

Every effort will be made to provide the published menu, but we reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
3)	4)	5) Nellie's Del i	6)	7)
Lentil soup	Noodle soup	\$5.00	Vegetable soup	Navy Bean soup
Hand breaded chicken	Deep pan pizza	Sandwich, tomato	Chicken cordon bleu	Succulent beef pot
breast	Cheese, Hawaiian,	soup, salad, dessert,	Mashed potatoes	Roast
Rice pilaf with seasoned	Pepperoni, Supreme	coffee/tea/milk	Italian mixed	Roasted potatoes with
sauce	(1 st come, 1 st served	Specialty Sandwich	vegetables	onion gravy
Green Peas	for limited toppings)	for first 25:		Diced carrots
		Grilled Cheese		
10)	11)	12) Nellie's Deli	13)	14)
Beef vegetable soup	Onion soup	\$5 includes BINGO*	Corn chowder	Christmas Lunch
Liver 'n onions	Hand breaded chicken	Sandwich, soup du	Hand breaded fish 'n	Waldorf Salad Sold
Steamed potatoes with	breast w/tangy Dijon	jour, salad, dessert,	chips	Baked ham an Out!
gravy	sauce	coffee/tea/milk	Coleslaw	scalloped potar
Lima beans	Steamed rice	Specialty Sandwich		Green beans
	Green peas	for first 25: Bacon		Homemade roll
		Lettuce, Tomato		Nellie's cream puff
				ADVANCED TICKET \$2
17)	18)	19) Nellie's Deli	20)	21)
Soup du jour	Vegetable soup	\$5.00	Chicken noodle soup	Potato soup
Barbecue chicken	Swedish meatballs	Sandwich, soup du	Grilled pork chop	Turkey pot pie
Baked beans	over pasta	jour, salad, dessert,	Steamed potatoes	Seasoned corn
Corn on the cob	Steamed carrots	coffee/tea/milk	with mushroom	
		Specialty Sandwich	gravy	
		for first 25:	Mixed vegetables	
		Reuben on Rye		>
24)	25)	26) Nellie's Deli	27)	28)
Chicken soup		\$5.00	Minestrone soup	Tomato soup
Three cheese & meat	Center Closed	Sandwich, soup du	Tuna noodle	Homemade meatloaf
lasagna	Chuistus es Halida	jour, salad, dessert,	casserole	Steamed potatoes with
Homemade garlic bread	Christmas Holiday	coffee/tea/milk	Seasoned corn	onion gravy
Green peas		Specialty Sandwich		Green beans
		for first 25:		
	*DELL DINGO	Chili Dog	FALTUOADE O	
31)	*DELI BINGO courtesy of TALBOT HEALTHCARE &			ENTER TO WIN A FREE
Navy bean soup Chicken 'n dumplings	REHABILITATION CENTER			WEDNESDAY LUNCH Buy a \$6 lunch ticket
Mashed potatoes		Vednesday, 12:15 PM		(\$5 Wed.). Ask for a
iviasiieu potatoes	All who purchase a \$5 lunch ticket on the 2nd Wednesday may			free coupon. Wed.
	request a set of BINGO cards for the 5 games to win prizes			drawings@ 12:30.
	valued from \$25 to \$100. Ties will be settled by the roll of a die.			Co-sponsored by
	Final Blackout session	Final Blackout session may be shortened.		

Regency @ Auburn

January Menu

Hours: 11:45 am - 1:00 pm - All Meals \$6.00 (\$5.00 on Wednesdays)

Options include – Full meal featuring below listed items plus a fresh cut salad bar and homemade bread or homemade soup and deli-style sandwich or specialty salad, Sandwich with specialty salad or Soup or Sandwich with salad bar – all options include beverage and dessert (Deli not available on special advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to **Talbot Rehab and Diana's Home** for their co-sponsorship of lunch subsidies. Thank you to **Regency Auburn** for co-sponsoring Wednesday lunch ticket drawing. Take out carriers and wrap are not available for leftovers. Every effort will be made to provide the published menu, but we reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
ENTER TO WIN A FREE	1)	2) Nellie's Deli	3)	4)
WEDNESDAY LUNCH		\$5.00	Split Pea soup	Vegetable soup
Buy a \$6 lunch ticket (\$5		Sandwich, tomato	Parmesan chicken	Hand breaded pork
Wed.). Ask for a free	Center Closed	soup, salad, dessert,	Pasta with Marinara	chop
coupon. Wed.	New Year's Day	coffee/tea/milk	sauce	Mashed potatoes with
drawings@ 12:30.		Specialty Sandwich		onion gravy
Co-sponsored by		for first 25:		Steamed carrots
Regency @ Auburn		Grilled Cheese		
7)	8)	9) Nellie's Deli	10)	11)
Navy Bean soup	Chicken noodle soup	\$5 includes BINGO*	Potato soup	Corn chowder
Pan Pizza	Liver 'n onions	Sandwich, soup du	3 cheese & meat	Hand breaded fish 'n
(Cheese, Hawaiian,	Mashed potatoes	jour, salad, dessert,	lasagna	chips
Pepperoni, Supreme – 1 st	with gravy	coffee/tea/milk	Homemade garlic	Coleslaw
come, 1 st served for	Mixed vegetables	Specialty Sandwich	bread	
limited toppings)		for first 25: Bacon	Steamed green peas	
		Lettuce, Tomato		
14)	15)	16) Nellie's Deli	17)	18)
Chicken Rice Soup	Vegetable Soup	\$5.00	Chicken noodle soup	Split pea soup
Spaghetti & meatballs	Orange chicken	Sandwich, soup du	Salisbury steak	Baked ham and
Homemade garlic bread	Steamed rice	jour, salad, dessert,	Mashed potatoes	scalloped potatoes
Seasoned green beans	Carrots	coffee/tea/milk	with onion gravy	Seasoned green peas
		Specialty Sandwich	Seasoned corn	
		for first 25:		
		Reuben on Rye		
21)	22)	23) Nellie's Deli	24)	25)
	Vegetable soup	\$5.00	Onion soup	Soup du jour
	Grilled pork chop	Sandwich, soup du	Spinach, ham & Swiss	Chicken cordon blue
Center Closed	Steamed red	jour, salad, dessert,	cheese quiche	Rice pilaf
Martin Luther King Jr.	potatoes w/onion	coffee/tea/milk	Seasoned corn	Steamed broccoli
Day	gravy	Specialty Sandwich		
	Green peas	for first 25:		
		Chili Dog		
28)	29)	30) Nellie's Deli	31)	
Chicken rice soup	Navy bean soup	\$5.00	Beef barley soup	
Tuna noodle casserole	Chicken 'n dumplings	Sandwich, soup du	Homemade meatloaf	
Steamed cabbage	Mashed potatoes	jour, salad, dessert,	Steamed potatoes	
		coffee/tea/milk	w/mushroom gravy	
		Specialty Sandwich	Seasoned green beans	
		for first 25:		
		PULLED CHICKEN		

February Menu

Hours: 11:45 am - 1:00 pm - All Meals \$6.00 (\$5.00 on Wednesdays)

Options include – Full meal featuring below listed items plus a fresh cut salad bar and homemade bread or homemade soup and deli-style sandwich or specialty salad, Sandwich with specialty salad or Soup or Sandwich with salad bar – all options include beverage and dessert (Deli not available on special advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to **Talbot Rehab** for their co-sponsorship of lunch subsidies. Thank you to **Regency Auburn** for co-sponsoring Wednesday lunch ticket drawing. Take out carriers and wrap are not available for leftovers.

Every effort will be made to provide the published menu, but we reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
ENTER TO WIN A FREE				1)
WEDNESDAY LUNCH				Lentil soup
Buy a \$6 lunch ticket (\$5				Liver 'n onions
Wed.). Ask for a free				Mashed potatoes with
coupon. Wed. drawings@				gravy
12:30. Co-sponsored by				Steamed carrots
Regency @ Auburn				
4)	5)	6) Nellie's Deli	7)	8)
Won Ton soup	Soup du jour	\$5.00	Corn chowder	Minestrone soup
Chicken stir fry	3 cheese & meat	Sandwich, tomato	Hand breaded fish 'n	Chicken breast
Steamed rice	lasagna	soup, salad, dessert,	chips	w/ginger sauce
Crispy chow mein noodles	Homemade garlic	coffee/tea/milk	Coleslaw	Steamed rice
	bread	Specialty Sandwich		Mixed vegetables
	Almond green beans	for first 25:		
	g	Grilled Cheese		
11)	12)	13) Nellie's Deli	14)	15)
SHAG Special - \$5.00 for	SHAG Special - \$5.00	•	SHAG Special - \$5.00	SHAG Special - \$5.00
first 80 guests	for first 80 guests	\$5 includes	for first 80 guests	for first 80 guests
Split pea soup	ioi iiist oo gaests	BINGO*	Tot mist be guests	ioi iiist oo guests
Baked ham & scalloped	Beef vegetable soup	Sandwich, soup du	Soup du jour	Chicken rice soup
potatoes	Sausage & Swiss	jour, salad, dessert,	Hand breaded	Spaghetti and
Mixed vegetables	cheese quiche	coffee/tea/milk	chicken breast	meatballs
Wilked Vegetables	Green peas	Specialty Sandwich	w/tangy Dijon sauce	Homemade garlic
	Green peas	for first 25: Bacon	Rice pilaf	bread
		Lettuce, Tomato	Steamed carrots	Seasoned corn
			Steamed Carrots	Seasoned com
18)	19)	20) Nellie's Deli	21)	22)
,	Chicken rice soup	\$5.00	Split pea soup	Navy bean soup
	Oven fried chicken	Sandwich, soup du	Homemade	Chicken 'n dumplings
Center Closed	Seasoned potatoes	jour, salad, dessert,	meatloaf	Mashed potatoes
Presidents' Day	Green beans	coffee/tea/milk	Mashed potatoes	iviasiica potatoes
l residents buy	S. Cell Dealls	Specialty Sandwich	w/onion gravy	
		for first 25:	Green peas	
		Reuben on Rye	Green peus	
25)	26)	27) Nellie's Deli	28)	
Onion soup	Chicken noodle soup	\$5.00	Minestrone soup	
Beef stew on homemade	Salisbury steak	Sandwich, soup du	Grilled pork chop	
biscuit	Mashed potatoes	jour, salad, dessert,	Steamed potatoes	
1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	w/onion gravy	coffee/tea/milk	w/mushroom gravy	
	Seasoned green beans	Specialty Sandwich	Mixed vegetables	
	1 - 200 Of Cert Means	Specialty Salidwich	The repetables	

for first 25:
Pulled chicken

March Menu

Hours: 11:45 am - 1:00 pm - All Meals \$6.00 (\$5.00 on Wednesdays)

Options include – Full meal featuring below listed items plus a fresh cut salad bar and homemade bread or homemade soup and deli-style sandwich or specialty salad, Sandwich with specialty salad or Soup or Sandwich with salad bar – all options include beverage and dessert (Deli not available on special advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to **Talbot Rehab** for their co-sponsorship of lunch subsidies. Thank you to **Regency Auburn** for co-sponsoring Wednesday lunch ticket drawing. Take out carriers and wrap are not available for leftovers.

Every effort will be made to provide the published menu, but we reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
*DELI BINGO courte E All who purchase a \$5 cards for	1) Turkey soup Chicken pot pie Seasoned corn			
4) Beef barley soup Homemade meatloaf Mashed potatoes w/mushroom gravy Cabbage	5) Lentil Soup Tuna noodle casserole Seasoned green beans	6) Nellie's Deli \$5.00* Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled Cheese	7) Chicken soup Hand breaded chicken breast Steamed red potatoes w/mushroom gravy Carrots	8) Vegetable soup 3 Cheese & meat lasagna Homemade garlic bread Green peas
11) Potato chowder Hand breaded fish 'n chips Coleslaw	12) Onion soup Swiss steak Roasted potatoes Mixed vegetables	\$5 includes \$1NGO* Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Bacon, Lettuce, Tomato	14) Chicken rice Soup Spaghetti & meatballs Homemade garlic bread Seasoned green beans	15) Firefighters Lunch Tossed salad Parmesan chicken Pasta with Marinara sauce Seasoned carrots Dessert Advance Ticket Sales
18) Split pea soup Corned beef & cabbage	19) Won ton Soup Chicken stir fry Steamed rice Crispy chow mein noodles	20) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Reuben on Rye	Vegetable soup Pan pizza (Cheese, Hawaiian, Pepperoni, Supreme – 1 st come, 1 st served for limited toppings)	Vegetable soup Swedish meatballs over pasta Steamed carrots
25) Beef vegetable soup Chicken ala king over rice	26) Potato chowder Hand breaded fish 'n chips Coleslaw	27) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich	28) Vegetable soup Chicken 'n dumplings Mashed potatoes Steamed cabbage	29) Soup du jour Grilled pork chop Steamed red potatoes Green beans

for first 25: Chili Dog



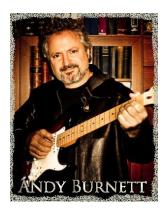


DINNER & MUSIC AT KENT PLACE

A new series featuring Food, Fun, Entertainment and Information has been launched in the newly designated "Kent Place" (also known as the Kent Senior Activity Center Open Area). Workshop topics, dinner menu and music genres will vary but the concept will include the following 3 components:

- 5:00 pm Hors d'oeuvres with an Informative Workshop at 5:30 pm
- 6:45 to 7:15 pm Dinner Session
- 6:45 to 8:00 pm Music and Dancing

Because of the generous contribution provided by SHAG Housing, limited Hors d'oeuvres and Workshop Advanced Tickets are available for only \$2.00. Participants may then have tickets stamped for free dinner and dancing.



FRIDAY, FEBRUARY 15 ROCK 'N ROLL AT THE PLACE

- 5:00 pm Hors d'oeuvres by Stafford Suites
- 5:30 pm Workshop: Social Security 101 DVD Info session w/Q & A session.
 See page 7 for details.
- 6:45 pm Cheeseburgers, chips and root beer floats
- 7:00 pm 8:00 pm Rock 'n Roll Sock Hop with Andy Burnett

Blue jeans, T-shirts, bobby sox, poodle skirts welcome but not required. Fill out a Rock 'n Roll song request slip when you buy your ticket beginning January 2.

Inclement Weather Policy

If we should have snow, freezing rain, ice, heavy winds or flooding this winter season, unless the city closes its doors, the Kent Senior Activity Center will try to be open if at all possible. However, we do not encourage you to attempt to come to the Center if the road conditions are bad. A message will be left on the Center phone in the early morning about possible closures and trip and class changes. We encourage you to call one hour prior to your class, trip, or activity to find out whether or not it has been cancelled. If we cancel the class or trip due to weather, refunds will be applied to your Parks Department account. Also please call before you come in to make sure that staff has arrived to open the building – 253-856-5150.





KENT SENIOR ACTIVITY CENTER 600 E. SMITH ST. KENT, WA 98030-4600

PARKS, RECREATION & COMMUNITY SERVICES